

SUMMARY

The adolescence period is the transitory stage from childhood to adulthood; it is a unique stage in the process of growth and development. This period is accompanied by series of physical, physiological, biochemical, hormonal and psychological changes that occur during the growth spurt. Therefore there is a high demand for energy and nutrients to support optimal growth. These changes also affect food consumption pattern and food preferences.

The aims of study were, assessment of students knowledge, attitude and practice among secondary school students toward nutrition and factors leading to nutritional problems among school adolescents.

The study was conducted in kalyubia governorate, multistage random sample from secondary schools were chosen of (Benha, Touck Kafer Shouker, and Shepin El Knaater). Males and females students of first year and free from any medical problems represented of the study

The tool of the study was a structured interviewing questionnaire which comprised of two tools. The first tool comprised of two part.

Part one addressed the sociodemographic data.

Part two addressed the nutritional knowledge, attitude and practice of the students.

Second tool addressed the students' health status for weight, height, teething health and hemoglobin.....ect

The actual work of the current study started by an initial pilot study that was carried out for twenty students of study tools, then the necessary modification was done.

The result of this study showed that less than half (49.5%) were male and more than half (50.5%) were female, more than half (53%) of them attended to morning shift compared to less than half (47%) in afternoon shift.

More than two third of students had income \geq L.E. 400/Month. This frequency was slightly higher in urban than rural resident and more than three fourths of students spend $\geq 50\%$ of total income on food and better dietary environment and house appliances in urban areas than rural areas.

According to physical status of the students the male students had higher mean of height, vision acuity, teeth health and HB% more than female students.

The present study showed that more than half of students had poor knowledge about adolescence definition, adolescence stages, adolescence beginning of males and females and adolescents nutritional needs in urban and rural, and also in males and females students.

Also the result showed that more than half of students had poor knowledge about poor nutrition, causes of poor nutrition, its manifestations and methods of preventions.

The lowest frequency one fifth or less (15% to 20%) had good knowledge about poor nutrition of the total sample.

The majority 80% of the students had average and good knowledge about food categories and structure of diet.

The result showed that greet effect of socioeconomic status on total knowledge of students, minimal change of students knowledge in urban and rural and also in males and females.

According to food attitude and food practice there are slightly higher in urban than rural , female students had higher mean than male students and better hemoglobin percent as regard to better attitude and practice.

The result also showed that more than three fourth (75.5%) of the sample took three meals per day, less than half (49.5%) of them took that diet regularly and less than half (41%) of them took their diet adequately.

There are no effects of breakfast, tea consumption, and water intake during meals, family income, and percent of family income spent on diet and family size in hemoglobin percent.

The study recommended that the nutritional education must be a clear and a simple massage through booklets and posters in all secondary schools. Information about adolescence (growth and development) should be taught within school curricula.